



A Report

National Service Scheme

INSTITUTE OF HOME ECONOMICS

UNIVERSITY OF DELHI



वसुधैव कुटुम्बकम्



वसंत 23

PROGRAMME SCHEDULE

EVENTS	EVENT DESCRIPTION	TIMINGS
POWER OF HER Unleashing the potential of women entrepreneurs in India	Conference Room	10 AM to 11:30 PM
स्वास्थ्य सेवा पर्व : स्वस्थ जीवन, खुशहाल भारत का सपना	Medical Room	10:00 AM to 4:00 PM
अवेग तरंग Footsteps of Tradition	Amphitheatre, Block B	11:30 PM to 3:00 PM
उदय The ultimate street theatre challenge	Centre Quadrangle, Block A	11:30 PM to 3:00 PM

NATIONAL SERVICE SCHEME
Institute of Home Economics
University of Delhi
organising
VASANT'23
presents
POWER OF HER
Unleashing the potential of women entrepreneurs in India
DATE: 11th April, 2023
TIME: 10.00 AM Onwards
VENUE: Conference Room

NATIONAL SERVICE SCHEME
INSTITUTE OF HOME ECONOMICS
University of Delhi
presents
वसंत '23
THE ANNUAL SOCIAL & CULTURAL FEST OF NSS IHE
ON 11TH APRIL, 2023
Theme : India for Better Tomorrow

PATRON
Prof. Benu Arora (Director)

STUDENT'S HEAD, NSS
Bhaskika Gupta
Ananya Sharma
Shikha Gargah

FACULTY
Dr. Bhavana Negi (NSS PO) Dr. Meghna Sakshi
Sandeep Yadav Richi Mittal
Deepak Gupta

NATIONAL SERVICE SCHEME
Institute of Home Economics
University of Delhi
organising
Free Health checkup
VASANT'23
invites you to
HEALTH CAMP
DATE: 11th April, 2023
TIME: 11-4 PM
VENUE: Foyer



SESSION ONE Power of Her

Panel Discussion

Conference Room

Director Prof. Renu Arora felicitated guests with her humble words, while the **programme officer Bhavna Negi** gave the session introduction. The session marked the presence of three prominent women entrepreneurs. Two speakers were IHE alumni. The challenges and obstacles faced by entrepreneurs while starting their business, as shared by the first speaker, **Dr. Vaneeta Agarwal**, founder and CEO of Bizemag Media, who even after being a founder, has also participated in the Singapore Fintech Festival as Media Delegate.

Ms. Jaisika Goel, an alumna emphasized the importance of contributing to society through one's work, especially in fields such as special education for children with special needs. Her narrative emphasized the need and role of following her compassion while working with families who have children with special needs and founded Crafting Lives.

Third speaker of the day focussed her speech on how perseverance and determination can help individuals achieve their goals even when facing difficult situations, as illustrated in the success story of **Ms. Dharna Jha**, another alumna and now Director of ADZ Pvt. Ltd. She authored the second best-selling international Kindle book. She shared a very motivating story about how she sold Golegappa and became the director of a private limited company. Her success was based on her never-give-up attitude and hard work.

SESSION TWO Swasthya Seva Part

Health Camp

Medical Room

The "Health Camp," was titled Swasthya Seva Parv with the intent of creating a healthy and happy India. The NSS unit collaborated with the Rotary Club of Delhi-Manthan in organizing the health camp and providing free health check-ups. A number of tests were done during the health camp, like blood sugar level, ECG, fat percentage, BMI, eyesight check-up, and Blood pressure test. It also included free health consultations. The health camp was conducted under the expert guidance of nine-member teams of doctors and medical experts. The health camp provided medical consultations to over 134 people. These included students, teaching faculty, and non-teaching staff. The NSS members and core committee were praised by everyone, including Mr. Arun Bhutani, President of the Rotary Club of Delhi, who accompanied the medical team and attended the event. He offered the college's NSS volunteers more opportunities to collaborate with the Rotary Club on future projects and



commended them for their dedication and hard work in organizing the successful medical camp. The event provided much-needed medical assistance to the local community and was a great example of the positive impact that can be achieved through collaboration between different organizations.

SESSION THREE Tarangini

Footsteps of Tradition

Amphitheatre

"Let your life lightly dance on the edges of time like dew on the tip of a leaf"

~ Rabindranath Tagore

Tarangini, an intercollege folk-dance competition was organized as a part of Vasant, the annual fest of the NSS unit at IHE. India has a large number of folk dances, each of which reflects the way the people of the country live, think, and express themselves in their own distinct style. Folk dance as a theme for the dance event was an attempt to provide a platform for our traditional dance forms which have become inconspicuous in the mainstream discourse. Seven teams from various colleges registered for the dance competition. The judges of the event were Ms. Deeksha Upreti and Ms. Shreya Ranjan. The event started with the welcome address by Dr. Deepti Gupta, faculty, IHE where she highlighted the value of dance in the lives of human beings along with greeting the judges, participants, and the audience at the event. She then handed over the mic to the anchors for the day, Ms. Kangna Jain and Ms. Disha, NSS Unit, IHE for taking the event forward. The anchors then introduced both the judges who were trained classical dancers, Ms Deeksha Upreti, a senior Kathak and folk dancer who has various accolades to her credit, and Ms. Shreya Ranjan, a young Bharatnatyam and Mohiniattam trained dancer. The dance competition then started with the performance by the first team from Mata Sundri College who performed on Gidda followed by Bhangra performances by the following groups. The audience was also engaged in a short quiz to test their knowledge of the various folk-dance forms of India. Breath-taking performances by individual dancers from different colleges created an environment of euphoria. The audience was heard asking for more performances by the outstanding dancers. While the judges took time to announce the winners, students from the host college sang melodious songs.

Shaking our hearts with their energetic beats and their powerful voices, the team from Mata Sundri college bagged the 1st position as they sang and performed "Gidda", a folk-dance native to the state of Punjab. The event was concluded with Dr. Bhavna Negi, NSS P.O., Associate Professor sharing that Tarangini was the beginning of a series of events to revive the lost folk art forms and provide them a stage to create awareness among the youth about our rich cultural heritage. She then presented a token of gratitude to the judges. Finally, the



vote of thanks to the participants, judges, and the audience was given by Ms. Yuvika, Coordinator, NSS, IHE.

Outstanding performances along with tireless applause by the audience and their visible enthusiasm made the folk-dance competition a great success.

SESSION FOUR Uday

Street Play

QUADRANGLE

Among the various competitions and events organized during the celebration, one was UDAAY, "The Ultimate Street theatre challenge". The theme of the event was "Building Better India for Tomorrow." The event started with loud street play calls which brought in lot of energy. 10 teams from various Delhi University colleges participated in the competition. Just like their unique team names, Rudra, Aaghaz, Aavran, Deshbandhu Dramatics, NSS BU, Manctantra, Abhivyakti, Aayaam, Nepathya, themes chosen and presented by them were also very diverse. There were plays on various pertinent, emergent, unnoticed social issues. To mention some of the themes were Menstrual hygiene, Problematic pornography usage in today's society, forced labour, Institutionalized discrimination, the Perspective of the filmmakers with respect to sexuality, Feminism and caste representation and how their meaning changes when it comes to Bollywood and Child Rights. All the plays were so well scripted and well performed that they touched audience's hearts. During this nearly four-hour-long competition, there were moments when the audience was awestruck. Many of the moments actually made everyone think deeper and look at the issues from varied perspectives.

The event was honoured and judged by Mr. Amit Kumar Sinha, founder of the Jamghat, NGO and Mr. Manoj. Mr. Amit Kumar Sinha, an alumnus of Delhi University has a long association with NSD. Their feedback at the end of the event was well taken by the teams and got a lot of appreciation. Judgment criteria of the competition were based on the impactfulness and creativity of the message delivered to the audience through the performance. Guru Gobind Singh Khalsa College, University of Delhi team won this Competition.

Displays and stalls on various social themes, including menstrual hygiene, disability, inclusion, and emotional and mental well-being, were put up by college students and women entrepreneurs. The exhibition aimed to raise awareness and promote dialogue on these important issues. Visitors were encouraged to engage with the



displays and participate in interactive activities. A highlight of the day was a silent DJ who gave a social message on how a world of inclusion and equity could be sensitively created. This was particularly popular among the students. The event was organized with the aim of raising awareness and promoting a more inclusive society. The students and entrepreneurs worked together to create an engaging and thought-provoking atmosphere that encouraged attendees to think critically about these important social issues.

Music and drama to celebrate life, and silent treatment for social evils — summed up mood at Institute of Home Economics NSS fest

The silent disco session helped students bond with friends and cancel out worldly noises

At Vasant '23, meethi boliyan and silent disco for a cause

The crux of the street play competition was that things like male rape and digital scams do happen.
BHUMIKA GUPTA, President, National Service Scheme, Institute of Home Economics

It is fun to simply put on the headphones and jam with your friends.
RASHMEET KAUR, BSc Home Science student

The giddha performance by students from Mata Sundri College had everyone swaying

A street play that touched upon male rape

Manvi Singh
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Illustrating that social causes and mental health are not just buzzwords on the Delhi University fest circuit, the National Service Scheme (NSS) of the Institute of Home Economics (IHE) organised their annual fest of the unit, Vasant '23. Adding colour and vivacity to the proceedings were loud street play calls, vibrant folk dance performances and a silent disco session, inspired by *Breakup Song (Ae Dil Hai Mushkil, 2016)*.

"The idea of a silent disco was to combine fun with mental health awareness. You have your own music and peace, and one can simply be with the beats. It also cancels out the noise pollution, which is something we truly focus on in our realm as a responsibility towards society," said Bhumika Gupta, the NSS president at IHE, adding that the themes for the theatre competition included themes such as digital scams and male rape.

"It was the crux of the event — that such things do happen in society and only we can prevent them. Even for the folk dance competition, the idea was to put out something that is getting lost over years of cultural development and urbanisation. It represents our heritage and students totally enjoyed it, too," explained Gupta.

The boliyan during a giddha performance by students of Mata Sundri College for Women, during the competition, naturally got everyone swaying. Ekona Jindal, a first-year BSc (Hons) Home Science student, gushed, "The beats of folk music are so uplifting, one cannot help but dance to them. The second performance, too, had Punjab numbers!"

It wasn't just loud music that regaled many — the silent disco found its own audience, too. Rashmeet Kaur, a second-year student of BSc (Hons) Home Science, shared, "It is fun to put on the headphones and jam with your friends. It cancels out worldly noises, too, as one can simply dance to the beats that play in the head!"



VASANT'23





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